

FOR YOUR COUNTRY'S SAKE, KEEP FIT



Back to the Soil
Means Vigor
and Health

Foot Comfort is
Essential to Good
Service

HOW TO PRESERVE HEALTH In These War Times It Behooves Everybody to be in Trim and Help Our Country Win the Great War We Have Entered.

BY EDNA EGAN.

ONE can always put more force or more ambition back of an idea, a project or a movement if one has an incentive for doing so. The man working for no special purpose except to earn enough money to feed, house and clothe himself does not do half as good work as does the man who is working to reach a goal his best girl has set for him before she gives him the final answer. A woman may be told that it is her duty to keep her body strong and healthy, but she takes no particular pains to do so. Let her be told, however, that for her country's sake she should be in first-class condition so that she will be able to do of great service and she will do everything within her power to keep herself so. This is one of the good results of war. The big benefit from the present state of war is that women of the nation have been aroused and are eager to make every movement count for their country. The woman of leisure is passing out. Of course, the best and the most work will come from the woman who is in splendid condition both physically and mentally.

It is pleasing to note the enthusiasm with which women are cultivating their backyards in an effort to supply food for their immediate families and thereby increase the supply for this and allied nations. This back to the soil slogan is going to do a great deal for the women of the country. It will mean more outdoor life, and exercise in the fresh air, and naturally this will mean that every woman will gain a stalwart physique, vigor and physical courage. You know with flabby muscles there is apt to be flabby thinking and flabby acting and inefficiency. If women haven't the opportunity to work in the soil they should not fail to take daily exercise of some sort. There are tennis, baseball, rowing, swimming, hiking and walking to choose from. Remember that the possession of a large reserve of muscle and nerve force, ready to be used in an emergency, gives confidence to the individual. It increases the spirit of taking the initiative and undertaking grave responsibilities that are apt to come into the life of every woman.

By sufficient exercise, sleep and nourishing food, the carriage is improved and kept in a good condition and, consequently, bodily ills are ward off. There is a test to determine whether your carriage is perfect. To test your own, stand with the feet together and the body held so that a straight line can be drawn from the middle of your ear, through the middle of the shoulder, arm and hip down to your heel. Many women, in striving to have an erect and graceful carriage, take the wrong attitude. They lift their shoulders and push out their

buttocks until the body is made to look quite ridiculous. The body is sure to be held in a correct attitude if one will but expand the chest, lifting the body up from the abdomen and remember to breathe deeply.

The new positions taken up by women mean that many women will be obliged to be on their feet for hours at a stretch. Unless the feet are well, one cannot give good service. This means that women must take to sensible and comfortable shoes and that any trouble that now exists should be looked after. For instance, calloused soles, with which a great number of women are annoyed, should be treated of once. Soak the feet in lukewarm water and, after drying them, scrape the loose skin with pumice stone. Then rub cocoa butter, cold cream or olive oil into the skin. Repeat this every night. You will find it quite helpful to sift powdered alum or talcum powder in the shoes every day. In fact, some cases of calloused feet have been greatly improved by this act. That aching corn will rob you of many peaceful moments if not attended to. Either go to the chiropodist or apply a reliable corn remedy to it. Pain robs you of energy and the ability to do your best. Change the shoes frequently if you can. This will prove restful.

Above all things, I urge the American woman to refrain from brooding. It is weakening and does no earthly good. Of course, we hate to see our sons, brothers and sweethearts go off to war, but we'd hate it ten times more to have them called shirkers, cowards and other uncomplimentary names. Be glad that you have some one to offer to your country and then keep a stout heart and a stiff upper lip by engaging in active work. There is always something to be done if you will but look about you. And you don't have to be on the fighting line to do your bit. There are persons a block away from you who will be glad of a kind word or a lift from you physically or financially. War is a wonderful equalizer in that it brings men and women down or up to the same plane. It brings out the best in everyone.

You are all familiar with the talk about the importance of food in connection with fighting men, but how many of you women realize the necessity for changing the nature of your daily menus now that you are doing active work? The more exertion the body makes, the more fuel it needs. I think the two menus given will illustrate the kind of food that is suitable for the woman of leisure and that which constitutes a nourishing meal for the active woman. Perhaps, heretofore you have never given thought to the nutritive value of food. If this is the case, wake up and become familiar with the foods that are merely appetizing and not particularly nourishing

A USEFUL ART

WE all at some time or other find ourselves to be just an insignificant one of the many. Then it is that the annoying consciousness of "oneself" is sure to be strongest. We make new acquaintances, we meet old ones, and we are quite at a loss for something to say beyond the merest commonplace such as, "How do you do," or something equally common. Really we become quite tongue-tied; and certainly not because of any impediment in our speech, but simply because we do not know anything to talk about. Needless to say, that statement about not knowing anything does not imply total ignorance of everything; but it does—and you will agree with me, no doubt—mean a veritable famine of trivial ideas. Some of us may hesitate to talk about trifles, for fear of being considered frivolous; others of us would rather hold our tongues for an entire evening than venture being called a bore. And so it goes, everybody thinking about his own impression with rarely a thought for anybody else's, and we wonder what it is that makes some people so entertaining, why it is that they are always making new friends, why it is that they seem to have so many interesting things to talk about? But invariably we cease to speculate beyond the wondering stage; we just plain give it all up and try to content ourselves with saying that those entertaining folk inherit their particular genius for talking, and anyhow they are clever and have something to talk about, and oh, well, we weren't meant to be interesting, because we aren't naturally magnetic, and so on with lazy excuses. Yes, laziness is the word for those who do not even make an effort.

So you see, being interesting and learning the art of small talk, like everything else, requires work; but the results are so utterly satisfactory, and you know that they are satisfactory, that you cannot rebel at the prospect of more work. Perhaps the quickest and easiest way to social necessity is to read the current periodicals. Select those little items that are sure to be of interest to your particular "set." Get the spirit rather than the precise idea, and you can make your remarks work. Of course, you understand that newspapers and magazines are not an open sesame to your becoming socially a lion, or a lioness, as the case may be, but certainly they are tremendous helps. Reading current news increases our interest in things generally, that in turn gives us a greater interest in the people whom we meet, and once we acquire sufficient interest to amount to enthusiasm, the rest is quite easy.

Enthusiasm is the thing, and reading engenders that. The next step is to forget just what people are thinking of our peculiar manifestation of interest. Particularly popular people have, as a rule, in addition to their interest in folks and their doings, a generous amount of independence in their make up. And it is independence, of a commendable sort, too, for really popular people, you know, are sincere in their interest, and in everything and everybody for that matter. Therefore, they have little reason to fear unkind criticism. Of course, it would hardly do to start out discussing the latest word in dancing, or the newest fox trot, immediately upon meeting a person for the first time; but then, you appreciate the fact that bits of talk will drop now and then, and it is a saving grace to be able to pick them up and make appropriate replies. The much-sought art of small talk hinges on our ability to make what we read and see, and hear about us our very own. Knowledge of this sort is invaluable for social emergencies.

And find out which are more valuable as heat and energy suppliers. Perhaps among the most important essentials for keeping the body fit is sleep. It is during sleep that all of the bodily functions are quieted and the secretions are diminished, and find out which are more valuable as heat and energy suppliers.

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MENU

OYSTER COCKTAIL
MUSHROOM PATTIE
FRUIT SALAD
ROLLS
COFFEE

FOR THE WOMAN
OF LEISURE

MENU

BEAN SOUP
ROAST BEEF
BAKED POTATO
PEAS
WHOLE WHEAT BREAD
RICE PUDDING
COCOA

FOR THE WORKER

The Woman of Action Should Seek Nourishing Foods

NOVEL IDEA

PAINT your old kitchen table white, and purchase a piece of plate glass just the size of the table top. The glass must be heavy enough to stay in place without fastening and with ordinary care there is little danger of breakage.

In case plate glass is not obtainable ordinary window glass of double thickness would serve the same purpose. On the table top paste a copy of all the recipes which you use most often, place over them the plate glass, and you will have an ideal table for your kitchen.



Don't
Brood
Keep Busy

ADVICE FOR BUSINESS GIRLS Avoid Gossip, Attend Strictly to Your Own Work and You'll Succeed.

BY LUCILLE DAUDET.

A GIRL just beginning a business career has a vast amount to learn. Perhaps she was very clever as a student, and has won honors for her skill in various subjects, but after the portals of the classroom have closed on her, and she steps into the business arena, she will find that there are many things she still has to learn—things not included in the curriculum of any school or college.

The girl at work in her first position will, of course, make many fine and lofty resolutions, but about the best one she can make is to have very little to say. No one is interested in her personal affairs, and if she is going to develop into a trustworthy and reliable operative—no matter what line she has chosen—she must keep her personal matters to herself.

One day, an old man, a very successful manufacturer, in engaging a girl for his office, said to her:—"Keep your eyes and ears open, and your mouth closed!" Golden advice, this.

Another good resolution the beginner in the business world should make, is to be at her desk or in the workroom every day. Many girls will lose a day's work for any excuse whatever, but no honorable girl will stay away a day, or even a half day, unless she has a very grave reason for so doing; and if she finds she cannot possibly report at the office or workroom she certainly should try to send word to her employer why she is unable to be present.

Whatever the girl's work may be, she should put her heart into it. She knows she has rights, and demands that they be respected, but the persons who employ her have rights, too. Beginners and girls in general in the business world know, or should know, that an office telephone is installed for business purposes. No girl has any right to call up this girl or that boy and waste ten or fifteen minutes of her employer's time talking about her personal affairs. Business life and social life are far apart, and neither should infringe on the rights of the other.

The girl who finds she is a better

she is a true blue girl she will shield her employer every time she can transcribe her notes grammatically.

The girl who keeps her eyes open, who thinks twice before she speaks, and then only speaks on business matters, need not worry about being a "business success." Talkers and gossipers do get work, and keep it after a fashion, but they're usually found in the beginners' class. They never get very far because no one ever takes them seriously.

Therefore, the girl who is in earnest about getting the right start in business life, has only to adopt the method above referred to; and it's so simple and so easy to follow that only a very indolent or careless girl will fail to see its advantage.

LEARN TO PLAY

ALL work and no play makes Jill a dull girl quite as truly as it makes brother Jack a dull boy. There is a long list of women who have dropped the play factor from their lives. Some are young—young enough to know better, and some are old—old enough to realize the folly of doing this. A play campaign for women would be a great thing.

Life as a rule gets hard after we slip out of young girlhood. Women are sensitive and inclined to introspection. We draw into ourselves. We lose the desire for jolly contact with people that was an unconscious part of us when in the first flush of youth the world seemed made for us. We were not afraid of it then because it had not made us suffer. It is when we get older and blows come and the complexities of life assert themselves, that our spirit draws to cloister. Then it is that we begin giving up good times—a most precious something that our spirit needs to keep it sane and brave.

A certain married woman said that she made a vow with her marriage vows that she would never let anything prevent her having good times regularly with her husband. It has taken a great deal of character at times for her to hold to her vow. Her home has not been richly blessed with worldly goods. Yet because she be-

"ANTIQUES"

THE old saying about certain persons rushing in where angels would tread with more caution, applies fully as much to the purchasing of antiques as it does to any other rash adventure undertaken without some little knowledge of the ground.

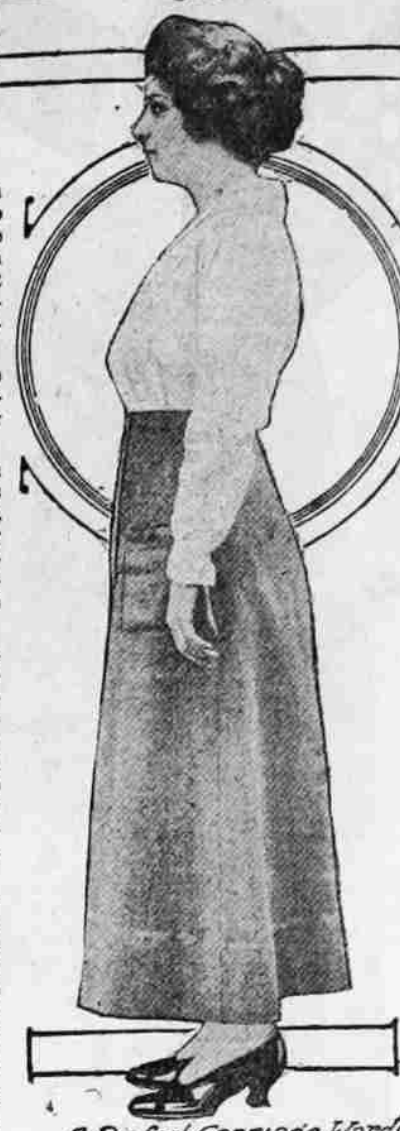
It is safe to say that there is more money thrown away upon spurious articles in this way than in almost any other.

For some mysterious reason women—and they are the chief transgressors—who would never dream of taking a shopkeeper's say-so as to the quality of a linen, for example, will unhesitatingly accept the word of the proprietor of an "Old Curiosity Shop" as to the age and value of his goods.

And while there are reliable dealers who would consider beneath them to deceive their patrons, is it any wonder that there are also a great number of persons who, being dishonest, embark in the handling of so-called antiques, knowing the gullibility of the general public? To them it is simply a new rich field which shows no immediate prospect of becoming exhausted.

An even greater pitfall for the unwary lies outside the shop of the dealer. Many a person has been beguiled into bargaining for a seemingly choice antique piece of furniture housed in a venerable old farmhouse.

He accepts the statement that it has been in the family time out of mind, and regards it as a genuine "find." What would be his feelings if he were to stop at the same farmhouse a week later and find that an exact duplicate of his treasure stood in the same spot waiting for a new discoverer.



A Perfect Carriage Wards
Off Bodily ills

ODDS ENDS

LEMONS may be kept for months in this fashion: Put a layer of fine, dry sand about an inch deep in an earthenware vessel. Place a row of lemons on this, with stalk end downward, and be very careful that they do not touch each other. Cover them with another layer of sand about three inches deep, and on this place another lot of lemons, and so on until the jar is full. Store in a cool, dry place.

WOMEN are wearing curious corsets these days. Fashion demands that they must look as corsetless as possible, but at the same time they must have a stay or two to form a foundation for the looser looking silhouette. It is no longer a question of making the long waist look short or the short waist look long, nor does fashion show a preference for an unnatural hip line. Not even the pegtop corset is permissible. The figure must simply have a corsetless, natural appearance.

AFTER a day's housework, soak the hands thoroughly in cold water and rub them all over with a piece of cut lemon to free them from stain and dirt. When this is done, wash in warm water and soap in the ordinary way, trim the nails, and massage generously with cold cream. The woman who does without a maid should go through this performance every night, if she doesn't wish her hands to become red and rough.

WHEN you buy a new coat, and want to prevent the lower edge of the lining from soiling, buy a strip of black satin and face the coat for a few inches with a strip, either shirred or plain. Before purchasing the satin it is well to attempt to match the lining or to get something that will harmonize with it. With this make a shirred facing for the hem, also a shirred shield which is placed under the hanger at the back of the neck, where the wear first begins. You can also face the lower ends of the sleeves.

A STUNNING new arrangement of the collar to bring the hair up loosely into a knot at the top of the head, exactly resembling some of the pictures we see of savages in the South Sea Islands. The hair in this topknot is usually arranged in tiny curls or a tuft of finger puffs. There may be a slight bang across the forehead, but more often the hair is brought down nearly to the eyebrows and then held tight by a fillet that goes just above the ears and around the back of the head on a straight line with the eyebrows.

AMERICAN girls have adopted the smock almost to the exclusion of the middie blouse, though the little girls still cling to middies. So many pretty things may be done with a smock and so many combinations made! The bell like fullness, which the loose flowing blouse takes, is especially cool for summer. Smocks are seldom belted,

can her married life with the habit of normal good times and never through thick and thin would abandon this idea, seeing no virtue in doing so as most women do the habit became his time that she can look forward to in which to have one of her "jollifications" have been the greatest source of refreshment to him—that they have kept up his spirits for his work to a remarkable degree. Their little sprees are usually of the simplest character, but dull care is banished from them with a firm hand.

except sometimes very loosely by a cord or narrow girdle. Some of them button from top to hem in front; others are made in the slip on style, slashed deeply enough for the head and shoulders to pass through with ease.

BAGS become more and more ornamental, and bear, as a rule, some relation to the dress with which they are carried. The substantial fabric which assists the sensible souls who go to market in bringing home the trimmings of the family meals, is replaced in the afternoon by a brocade, satin or embroidered crepe de chine bag. This conveys cards, powder puff and a selection of trinkets. Then there is the evening bag, often a thing of great beauty and always a collateral relation of the dress.

FEW housewives realize the value of honey, yet in sweetening qualities it surpasses sugar. Grapefruit, for instance, is delightful when sweetened with honey. Prepare it the night before, so the honey will be absorbed. Apples baked with honey are another delicacy not too well known. For six or eight apples take four tablespoons of honey. Mix with one cup of fine bread crumbs and a half tablespoon each of cinnamon and lemon extract. Fill the apples, which have been peeled and cored, with this mixture and bake in a porcelain lined baking dish that has been well greased.

HARD WATER

WE live in a neighborhood," says a reader, "where even the water is hard. What little laundry work we do is made even more difficult and distasteful by the fact that the water and soap will not blend properly, if you follow me."

"You can imagine the condition of my only crepe de chine gown after I have yanked it through the family wringer! Sometimes I can understand what makes men swear! Is there any refined way to make hard water soft?"

This question opens up a most interesting line of thought, and one that is within the mental grasp of even the most blubbery housewife. The scientific term for hard water, as we learned after we had graduated from the high school, is H₂O, an abbreviation meaning that for every quart of hard water, indicated by H, there are two quarts of other water, the letter "O" standing for "other."

Hard water is like hard cider, a very shifless, no-account liquid, in bad standing among cleanly housewives. To make it soft and pliable, it should be beaten unmercifully with some blunt instrument. This is a good job for the husband and father, if he isn't working at anything else. It requires a man's strength and physical endurance, as some hard water has been known to defy its would-be softener with a courage and stubbornness that would be admirable in a better cause. After a thorough walloping, the hard water will pour into vats made of soft wood, such as basswood, or pine. It should be kept away from all hard surroundings, so that it will not revert to its former condition.

Allow it to chum with a few gallons of soft soap, one of the kindest and gentlest of cleansers, and never place it where hard sounds or hard words will strike it.

Once the water is soft, it must be kept working, as idleness will harden it again. When you have used it until its usefulness is exhausted, you are at liberty to dash it disdainfully into the back yard or the sink.

Don't worry about having friends.
Keep up your end of the job, and you
will find friends materializing.